

BRIDGES

WEDNESDAY, DECEMBER 10, 2014

READ MY BOOK:

Gina's Wheels teaches empathy through a child's perspective **P.2**

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Artist brings Hawaiian faa into her Saskatoon home **P.12**

ON THE SCENE:

Giving Hope for Malawi at charity's annual fundraiser brunch **P.18**

A STARPHOENIX COMMUNITY NEWSPAPER

THE EVER- PRESENT PAST

HOW VIVID MEMORIES OF WAR
KINDLE VIOLET LOCHORE'S
LOVE OF PEACE AND FREEDOM
P.4

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#MARYHARELKINBISHOP

Gina's Wheels based on a true story

Idea for stories and books can come from many sources and Gina's Wheels is no exception.

In 2008, I began to do research for Moving Forward: The Journey of Paralympic athlete Collette Beaugreave, which was published in 2010.

During that time, a 12-year-old Collette's touching story of many years, Maria wrote Maria told me a wonderful story about her youngest daughter.

Even though I included that story in Moving Forward, it begged to become a book of its own. I

knew it was only a matter of time before I turned that story into a book. The heartwarming tale of Maria's daughter has recently been published as the pattern book Gina's Wheels.

Based on a true story Gina's Wheels is about thoughtful, 12-year-old Gina who finds ways to view the world from different people's perspectives. Gina and her mother are at the shopping mall one day. They meet Collette Beaugreave, the Canadian Paralympic champion, and learn who was in a car accident many years ago and became paralyzed. Collette is meeting shoppers in the mall, talking about her many experiences competing and winning

medals in several Paralympic games. Gina watches as Collette does many things in her wheel chair from packing up her display to showing down the mall, getting into her vehicle and driving away. Gina is fascinated by Collette and her wheelchair. What would it be like, Gina wonders, to live life in a wheelchair?

Very quickly Gina finds a way to be like Collette. She begins to experience daily life from her own adventurous version of a wheelchair. Gina's mother isn't sure what to think about this. After all, Gina desperately is just around the corner for Gina. What will happen?

Gina's Wheels explains, from a child's perspective, life is a wheel-

chair. At the end of the story the reader is treated to the real story behind the story meeting the real Gina. As well, there is a short segment about Saskatchewan and Canada's Paralympic champion Collette Beaugreave. The colourful artwork is supplied by Saskatchewan artist Diane L. Greenbaum and is an asset to the story.

Gina's Wheels by Mary Harelkin Bishop, illustrated by Diane L. Greenbaum, was awarded Honorable Mention in the Children's Book category of the 2014 Great Midwest Book Festival.

Gina's Wheels can be purchased at McNelly's Bookstore, Chapters, Coins, Indigo and online at www.dreamweaver.ca



Mary Harelkin Bishop



Nuts About Nature At Beaver Creek Conservation Area

Hi Kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Alex,
I know some animals turn white in the winter. How do they know when to change colour?



Dear Alex,
I know that many of you humans love to change the colour of your hair for the sake of fashion. In the animal world, an animal's coat colour can make the difference between life or death. Animals that can change their hair colour don't actually "know" when to do so. The signal for the change in coat colour comes from a special gland in the animal's brain. The special gland sends changes in the amount of daylight from one day to the next. For example, when the days become shorter in the autumn the pineal gland produces chemicals called hormones that trigger the brown coat colour to shed and white hairs to grow in. In the spring the process is reversed and the pineal gland triggers a change from white to brown. Did you know that humans have a pineal gland? In humans this gland produces a hormone that affects your waking and sleeping patterns! Send your questions to me at the address below, then watch for my answers.

Your pal, Chip

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ON THE COVER PG. 4



Valerie (left) and Valerie (right) of their senior creative writing group in Rogers. Valerie has written two books about her childhood in Saskatchewan (W.A.S. Books) photo by TONY HUBBARD

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SPACES PG. 12



Artist Stephanie McKay's home is full of art from her travels and the Phoenix Islands photo by MICHELLE BERG

BRIDGES COVER PHOTO BY BRYAN SCHLOSSER

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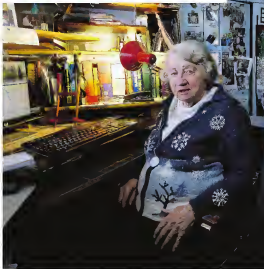
ON THE COVER

You never forget.

— Violet Lochore

SECOND WORLD WAR

War through a child's eyes



Violet Lochore at her computer at her home in Maple. (Inset photo) Violet Lochore (left) with her Aunt Frieda in Germany near the coast of the war-torn island of Heligoland.

By Barb Pacholik

Warning: This story contains graphic content.

She was about to eagerly dig into her cutlets, potatoes and red cabbage when the roar of an anti-aircraft cannon caused her favourite meal to go uncooked.

The 11-year-old girl, her mother

and her grandfather dropped their forks and quickly followed the crowds down into the hunking concrete and steel bunker as the planes roared the German way.

The family spent the next several hours there, so safely convinced the bombs outside were, in her words, like "a pea hitting a steel pot."

But outside, nowhere was safe.

When the girl emerged from the

bunker into the sunless night, it was to a world of chaos, fire and thick smoke that made her blue eyes water.

"Walk where you are going," her mother shouted as they made their way through piles of rubble.

I looked down in the flickering light from the fire. I saw a head of a man covered with blood. I had almost stepped on him.

The memory as vivid as the day it was etched in her mind, Violet Lochore typed those words into her computer decades later in the bedroom of her Berlin home.

It seemed like the living ignored the dead, busy trying to see what was in store for them.

She was tracking her mother and grandfather that summer night back in 1940. Her eyes left open busy parts

streets, about the street, a dead cat half a dog and pools of blood that looked black in the darkness.

Relieved to find their apartment still standing, they stopped near a dead dog to enter. Her mother lit a kerosene lamp.

Sapper lay cold and abandoned on the table. Any appetite was gone.

The next morning, her mother questioned her daughter's silence.

I looked down in the flickering light from the fire. I saw a head of a man, covered with blood. I had almost stepped on him. —Lochore

I told her "All these red and black spots on the street kept reminding me of that man's head."

Maker replied "Don't worry about it, we are in the midst of a war and things happen."

Crying, I answered, "I don't like it."

"It isn't happen again and again 'til the war is over," she muttered as I turned.

And it did.
Back then, the woman who would become Violet Lochore was Waltraut Krammelt, a child in Berlin as the Allied bombs of the Second World War rained down.

♦ ♦ ♦

This year marks the 75th anniversary of the outbreak of the Second World War, but for those who lived through it — whether as civilians or as soldiers on either side of the conflict

— it could have been yesterday.

The night, the sounds, the smells that collectively shape memories are easily summoned. Lochore was once pulling weeds outside her Regina home, then not far from the airport, when she began to choke again hearing the drone of a plane overhead. Her neighbor, a British war bride who had endured the Nazi bombs recognized Lochore's distress.

"The war is over," the woman said, trying to offer comfort. Lochore was then 40 years old, decades removed from the child she was in the war.

"You never forget," she says. At 85, she still sometimes dreams of running from the bombs.

As with many soldiers, Lochore kept those memories to herself for years. She wanted to forget — the hunger, the devastation, the deaths

the rapes of women and girls she knew. "The horror was too big."

Continued on Page 8



The Brandenburg Gate in Berlin, as depicted more of Violet Lochore's books. IMAGES PHOTO BY SPAIN SCHLOSSER

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One man has the power to throw the whole world into turmoil. . . It is extremely important that we never let it happen again. — Loehore



Loehore is author with her sister's daughter and five and her daughter in 1970. Based on her own life and the lives of others during the birth of the Second World War, Loehore's memoirs are now being published.

But as her grandchildren grew, Loehore wanted them to understand why sacrifices were made during their Great-grandfather's time. She got to the words "glorious and free" while singing at Christmas.

She was in her 70s when she started to write her stories. It took eight years, but in 2012 she published her first book, a combination of family history, diary and autobiography called *Glorious and Free*.

On the cover is a wheat field, one of her first huge memories after arriving in Saskatchewan in 1950. It symbolized plenty,

particularly for someone who had gone without so much during and after the war. Before then, with additional stories and poems, followed that year.

Loehore credits the Regina Senior Citizens' Center's creative writers group for encouraging "my need to tell my story." For many, those memories were Lloyd Jones, who enlisted with the military at age 19 in 1941 but served in Canada after a training accident left him without an elbow many times. Another was Ray Gossard, a British War leader who wrote about the London Blitz.

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Aunt Friede took me and shoved me into bed and said, 'make you as small' as possible.' Very frightened I heard the banging on our door. — *Lochore*



Violet Loehre's books *Glorious and Free* and *Reflections in Time*

Although caught on different sides of the conflict, they shared a love of writing and an understanding of war's horrors.

Sometimes, it's very hard to express your self when you're thinking in one language and one country, and trying to phrase it so it's not like for someone else," notes Jones, who calls Loehre's early writing daunting. "You had to sort of coax it out of her. She has certainly improved tremendously."

As with many of the group's members, Jones appreciates Loehre's drive to leave her stories for the next generation. Still, an avid writer himself, at age 60 he penned the opening inscription for *Glorious and Free*. "We remember her and by recording our memories, we leave something of ourselves for the future," Jones further clarifies his words in conversation.

"We don't do it for ourselves," he says. "What we leave — it's like food for the soul."

♦ ♦ ♦ ♦

Loehre, then Walter Kamasinski, was born in Berlin in 1933 as Adolf Hitler and the Nazis were rising.

She recalls a Christmas celebration as a six-year-old who started wide-eyed at soldiers with

overflashed arm bands and white stand up at attention with their right arms raised in salute.

The second child for her second mother — a wonder for the time — Kamasinski and her brother spent much of their early years in separate foster homes. But when her foster father was transferred to an airplane factory in the spring of '39, Kamasinski went to live with her mother and grandfather in Berlin. She learned from radio in September that year of the war's outbreak, but she had no idea what it meant.

Kamasinski stood in a hallway at her aunt's home one day and watched as Hitler part of a parade came past.

Through a child's eyes, she also saw something else on the streets of Berlin that she couldn't grasp.

I remember seeing people who had to wear badges. Some wore yellow diamond shaped badges with a black letter P on a white background that was pinned on their chest. Other people had to wear a yellow star with black letters against their chest which indicated they were Jewish. They were mostly old people, poorly dressed and looked people. One I called Mutt (her mother) why they had to wear their badges, but she is silent and said not to look again.

Continued on Page 8

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Once I asked Mutti (her mother) why they had to wear those badges, but she silenced me and said not to ask again.

—Lochore



Planes on a bombing run as depicted in Mutti (Lochore's self-published book *Glorious and Free*, a combination of family history diary and autobiography) shortly prior to or during the attack.

That same year, she lost the first brother to the military. Thundering through photos she stops at one of a handsome boy at 12 wearing one of the Hitler Jugend uniforms she was made to wear. While walking along a road at a summer camp, he was shot and killed by a strafing plane.

During visits home to Berlin, Konrad and her family fled regularly into the halting street and concrete bomb shelters — six levels high and door break before the ground. “You slept in there and everything, so you could run,” she recalls. “You don’t cry anymore. You just run.”

After her visit in 1961, Konrad also was sent back to the safety of Germany. Her aunt was brought

home by a policeman that fell and put under house arrest.

During harvest, women from what Konrad understood to be a jail were taken to pick apples at the orchards near Germany. When her Aunt Frieda saw one of the guards horse whip a prisoner, the aunt stepped in between the two and was arrested by an SS officer. A friend in authority intervened and allowed the aunt to return to the nation.

Konrad and her friends often played along the railway tracks. That’s where one of her classmates was shot to death, but by machine-gun fire from a passing plane. Afterwards, Konrad was no longer allowed to run and watch the approaching planes, instead, seeking

shelter in the basement.

In the dying days of the war, Germany’s mayor, wanting to spare his community, surrendered. The town fell under Russian control not long after Konrad’s 15th birthday. As the war ended for the town, it was only beginning for the women and girls.

Shadows about rape and looting by the Russian soldiers became a reality. I stood apologetic on a window when I saw the first Russian soldier. He was a young, badly wounded soldier, a machine gun in front of him. He was walking into the house across the street. Shortly after, he returned and approached our house. Aunt Frieda took me and showed me how to act and said, “Smile, you are small as

possible.” Why, I wondered, I heard the language of our door.

The next morning, her aunt left the house, returning shortly.

Aunt Frieda had passed the house of my schoolmate. The mother came running out, when she saw Aunt Frieda. Crying, the mother told her that the Russian soldiers had come into the house and each one raped her. 13-year-old daughter who was none that.

From that day forward, when she came over to the house, Konrad was made to hide in a tiny space between two walls.

She was sent one day to get her aunt, who was helping at a nearby secretary’s home. The girl walked in to see an elderly patient (bed down to a

table as she was being gang raped by drunken Russian soldiers. As a soldier, his pants down, turned toward her, a terrified Konrad ran and didn’t stop until she reached home. She learned later that her aunt had tried to chase the soldiers from the house, but she was locked in a basement from which she could hear screams. 80% of the patients were raped, some died.

Those horrific moments are tempered by another — of a Russian soldier who came to their home in search of a couple. She later learned how the soldier, a doctor, had performed an emergency appendectomy on a boy at a nearby home, saving his life.

Continued on page 10



Next week in BRIDGES

Artist Zachari
Logan's work deals
with themes of
masculinity, gender
and sexuality



Recipe of the Week Green Bean & Mushroom Medley

Ingredients:

- 1 lb fresh green beans cut into 1" lengths
- 2 carrots cut into thick chips
- 1 cup butter
- 1 onion, sliced
- 1 lb fresh mushrooms sliced
- 1 tsp seasoned salt
- 1 tsp garlic salt
- 1 tsp white pepper

Directions:

- 1 Place green beans and carrots in 1 inch of boiling water. Cover and cook until tender but still firm. Drain.
- 2 Melt butter in a large skillet over medium heat. Sauté onion and mushrooms until almost tender. Reduce heat, cover and simmer 3 minutes. Stir in green beans, carrots, and seasoned salt, garlic salt and white pepper. Cover and cook for 5 minutes over medium heat.

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SPACES

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SASKATCHEWAN'S BEST SPACES

Home reflects owner's artistic personality

By Jenn Sharp

WHO? Renee and Troy Stewart, along with their three children Taylor, Tyra and Tiffany

WHAT? Troy built the light-filled house, and Renee painted the walls. It is a palette to match the owner's blues and sand beaches. An island foot flows throughout — the bathroom floor is made of smooth pebbles, and weathered wooden boards figure the contemporary gas fireplace. A project is underway in the garage, too where everyone spends a lot of time — they're making cement sinks designed to look like tree trunks.

WHERE? Drapelly from Regina, the family moved to Saskatoon from Hawaii three years ago.

WHERE? At the edge of Saskatoon's Parkridge neighbourhood.

HOW? In Hawaii, she consumes full of goods were brought in from overseas — Renee calls it "ton kawaii shopping" and it's something she did frequently. She brought along her Hawaiian antiques and wood furniture to make Saskatoon feel like home.

She loves antiques, but doesn't clutter the space with too many. Rather, she keeps her treasured items on a shelf in the garage that get rotated throughout the house.

Vintage knobs can be found on doors throughout the house, along with loads of old coast table (she owns 200 of them), a huge Rara clock and weathered wooden boxes — her favourites.

"I love wood boxes and old bowls. Most everything in (the living room) is from Hawaii. I love silver. Our stove. I matched the house to the outside where here. I had to mellow it a bit — it's not as bright. There's more browns and greys here."



SPACES



WHY? Seren's passion lies in her home — she loves making it a beautiful space for her family. Visiting that space is an intimate experience. "That's why I'm very private about who comes into the house. It's mine. It's 100 per cent me."

Tiffany, a nursing student and budding photographer, and Tyra occupy space in the basement. Right now it's bare white walls and little else. Her plan is to fill her bed up on pillows and hang her room art all over.

"This was the oldest room then she decided she wanted white," says Renner with a smile. "She has a plan but it's quite far away from [being finished]."

"Turned into a 'finished furniture' says Tyra. "I want to bring metal lights. I love antiques. I have a bunch of old Pollocks. I want to put it in a room that's a heart. I'm working on it — it's all in the paint. [My room] kind of feels like a prison cell right now," she laughs.

A professional painter, Renner has turned a corner of the basement into her artistic bread-crumbs.

"This is my artist spot. I love it down here," she says of the pretty little space tucked away in a corner and surrounded by her antique, wood and oil paintings. Take the stairs to the home's second floor to see Renner's art filling every inch of the landing, including her first painting — a watercolor portrait of herself and Tyra.

Jeffrey@Sasktel.net
Patt@Sasktel.net

Authentic Amish Cooking



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Baked Macaroni & Cheese

- | | |
|-----------------------------|---------------------|
| 1 C. Shredded Cheddar | 1/2 C. Pepper |
| 1 C. Low Fat Cottage Cheese | 1 C. Raisin Milk |
| 1 C. Shredded Swiss Cheese | 2 Eggs, well beaten |
| | 3/4 C. Salt |
| | 1 T. Bread Crumbs |



Cook macaroni according to package directions. Drain water, add all ingredients except the bread crumbs. Sprinkle a quart casserole dish with oil. Put mixture in dish, sprinkle with bread crumbs over top and bake 1 hour at 325°.

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IN THE CITY

DECEMBER 4, 2014 - 12:30 P.M.

Making music



A Virtuosi string quartet performs at a free concert series every Thursday at Third Avenue United church. People are welcome to bring a lunch, coffee/tea and coffee, and give a good will offering. **MIQUEL PHOTO BY MICHELLE BING**

TAKE SOME TIME FOR YOU

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(OR AS SOME LIKE TO CALL IT, THE **'ME TIME'** EDITION.)



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ON THE SCENE

HOPE FOR MALAWI FUNDRAISER

For the past six years Peter and Elise Zaleski have hosted a bi-annual branch in support of their non-profit organization, which works with village tribes in Malawi's Shitolo district. The couple founded Hope for Malawi after traveling there in 2018. The first goal was to build a medical clinic and safehouse for the village's many orphans and the grandparents that care for them as AIDS has devastated the adult population. Their goal was quickly reached and a range of building projects such as bore hole wells, schools, solar lighting and a maize mill have followed.

The Zaleskis are adamant about keeping the organization grassroots by consulting with village chiefs and empowering the residents to take part in these projects. The goal now is to sustain income-generating activities in the district, which encompasses 15 villages representing 24,000 people.

Ninety-four Shitalowans came out to support Hope for Malawi on Dec. 7 at the Sheraton Cedar and donated over \$25,000. To find out more, go to: www.hopeformalawi.com.

BRIDGES PHOTOS BY MICHELLE BERG



ON THE SCENE



1. Daine and Peter Zaleski

2. Remedy Orsby, Kaitlin Allmonor, Rachel Sawada, Sophia Rock and Nicole Hareit

3. Carrie Mulligan and Jim Mulligan

4. Karen and Jerry Boecher

5. Janet and Art Pettit

6. Rob and Yvette Jesser

7. Nate Lindsay and Marie Sellar

8. Sem Lindsay and Troy Lindsay

9. Bill Wright and Monelle Wright

10. Wayne Koshman and Laurette Koshman

11. President of Rotary Club Saskatoon Wayne McGillevy

12. Mark Gryba and Geraldine Benic

13. Marlene Atkinson, Don Atkinson and Emma Koon Sainfield

14. Anna Henson, Kaja Freja, Anne Sobolew and Greta Sobolew

15. Lisa Spornikova and Kieron Ditz



Shaw Toy Tree *at the* WDM

The WDM is proud to partner with Shaw to collect new toys for less fortunate children in Saskatoon.

The Shaw Toy Tree now adorns Boomtown at Saskatoon's Western Development Museum.

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EVENTS

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MUSIC

Wed., Dec. 10

Real Dog
Buds on Broadway,
817 Broadway Ave.

Just Jazz: The Brett Salen Trio
The Basement,
204 Fourth Ave. N.

Photograph w/ Mounties and Dear Rouge
Lou's Pub,
60 Campus Dr.

Grasswood
Capital Music Club,
264 First Ave. N.

Thurs., Dec. 11

Glen Astar
Crackers Restaurant & Lounge,
1-227 Warehouse Dr.

Break on the Bank: The Doan Hammers, Doc Walker and Backstage Billy
Saskin's Diner,
3515 Thatcher Ave.

Kelly Kallens
Buds on Broadway,
817 Broadway Ave.

The Seashells
Capital Music Club,
264 First Ave. N.

Fri., Dec. 12

Fear of Knowing
Buds on Broadway,
817 Broadway Ave.

Plano Flybox: Plano Trio
Plano Series: Maurice Oron
Food Bank Piano Trio
The Basement,
204 Fourth Ave. N.

Driftwood
Army & Navy Club,
329 First Ave. N.

Ian Matthews Title
McNally Robinson,
3130 Eighth St. E.

Bridges
Tom Tom Tavern,



Joe Mulvey is one of the groups in the bands on the Pub (top) when will be performing on the stage at Saskin's Diner along with The Mad Hatters and Backstage Billy. PHOTOGRAPH BY PHOTOG

3330 Fairlight Dr.

Ride 'N' Down w/ Snake River
Amigos Cantina,
632 10th St. E.

The Dunes w/ Jambo, Bad Decisions and the Dots
Vergin's Tavern,
801 Broadway Ave.

Cheer Talker w/ Acoustic and Mario Lesage
Capital Music Club,
264 First Ave. N.

Kelly Mac
Peggy's Pub and Grill,
1633 Highland Dr. N.

Two Tickets & Degree
Underground Cafe,
430 22nd St. W.

Dracena Wild
Stan's Place,
106-108 Ruth St. E.

Aces Wyld
The Long Enrich,

806 Highland Dr.

Sat., Dec. 13

Kachiko
Buds on Broadway,
817 Broadway Ave.

Plano Series: Maurice Oron
Plano Series: Maurice Oron
Jazz Christmas
The Basement,
204 Fourth Ave. N.

Bed of Roses: Ben Jovi Tributes w/ A Tribute to Queen and Where's My Malibu
Pinecroft Park,
903 18th St. W.

Driftwood
Army & Navy Club,
329 First Ave. N.

So & So: Night: Phoenix
Downtown Loft,
606 Spadina Cres. W.

No Harry Trio

McNally Robinson
3130 Eighth St. E.

Angie Bell Christmas Party
w/ Method Madness
Orion's Event Centre,
361 Second Ave. S.

Silent Live w/ Band Mates and Casanova
Amigos Cantina,
632 10th St. E.

Rooting Saints
Black Bottom,
8348 Broadway Ave.

Close Yellor w/ Young The-James and Little Criminals
Capital Music Club,
264 First Ave. N.
Kelly Mac
Peggy's Pub and Grill,
1633 Highland Dr. N.

Al Morrison and George Schmecher
Rugby's Bar & Grill,

134 Princess Dr.

Deuces Wild
Stan's Place,
106-108 Ruth St. E.

Sun., Dec. 14

Crunkie Nights: Kelly Reed
Buds on Broadway,
817 Broadway Ave.

Piano Series: Maurice Oron
Jazz Christmas
The Basement,
204 Fourth Ave. N.

Tues., Dec. 16

dearborn Blue Dogs
Buds on Broadway,
817 Broadway Ave.

ART

Model Art Gallery

Until Jan. 4 at 100 Spadina
Cres. E. Modern Visions: The 2014 anniversary exhibition, Modern Visions, presents about 100 works from the permanent collection. The Ministers' Sale in the gallery through Nov. 11-14, with selected works up to 30 per cent off. Annual writing workshop presented by Saskatoon Public Library writer-in-residence John Banlan, Dec. 14, 2 p.m. All skill levels welcome. Register at 306-915-8164.

The Gallery at Art Place

Until Dec. 10 at 228 Third Ave. S. Think & Then Abstract paintings by Robert Christie, Jonathan Fornat and William Penhelfer.

The Gallery at Art Place

Dec. 11 until Jan. 8 at 228 Third Ave. S. On the Road to Emma Lake: Landscape paintings by Rebecca Penhelfer. Opening reception: Dec. 11, 6 p.m. to 8 p.m.

Revel Arts

Until Dec. 12 at 423 10th St. W. Toddmanby K.G. Adams and Senneca House.

EVENTS

St. Thomas More Gallery
Until Dec. 10 at 337 College St. Ev-
erlyoke, by David Syk.

Saskatoon
Until Dec. 12 at Garden St. Siskyou
Gallery, Room 101 of the University of
Saskatchewan's Murray Building. Se-
nior sculpture and extended media.
Reception Dec. 12, 7 p.m. to 10 p.m.

Artists Drawn Together
Dec. 13, 10 a.m. to 3 p.m. (Dec. 14, 1
p.m. to 4 p.m.; Dec. 19, 7 p.m. to 10
p.m.; and Dec. 20, 10 a.m. to 4 p.m.,
at Le Relais, Fondation des Francop-
sloves, 212-220 Fourth Ave. N. An art
show and sale of recent paintings by
Vivian Woodhouse and Nicole Oliver.

Linkab-Globe Collapse
Dec. 15 to Feb. 28 along the river-
bank from the Mission Valley
Centre to the Memorial Art Gallery. An
installation in the trees. By Montague
Martin with support from Sask Arts
Council.

Pierre St. Germain
Until Dec. 28 at 1344 Rte. 101, E.
Behind These Bars by gallery artists
and guests.

**Humboldt and District Museum
and Gallery**
Until Dec. 31 at 600 Main St., in
Humboldt. A Local Perspective by
Marina Vukobratovic. An exhibit of wildlife
paintings.

Art in the Centre
Through December at Frederic
Centre, 110 Grosvenor Circle. Art to
Insure.

ICVIA Gallery
Until Dec. 21 at 202-222 Third Ave. S. Ap-
pearances by Amanda Vanderlin. Highly
textured acrylic paintings in both
abstract and representational.

**The Gallery at Frances Morton
Central Library**
Until Dec. 21 at 311-331 St. E. Across
the Courtyard by Jeanne Basso. Paintings
inspired by the nature of Africa and
urban Saskatoon.

Eye Gallery
Until Jan. 21 at 117-123 College St. Ink
3549 3549/eyeart.

Affinity Gallery
Until Jan. 10 at 313 Broadway Ave.
Imaginary Architects. Inspired by



Kapoty Ulovne by Andrija Kopychuk on display at the Ukrainian Museum of Canada.

handmade toys and games in a
variety of mediums. Reception Jan. 9
7 p.m. to 9 p.m.

Punkie Petals
Until Feb. 28 at 212 Third Ave. S. A
collection of framed and photo-wellie
artworks by Sharan Conkuk.

Ukrainian Museum of Canada
Until Jan. 31 at 910 Spadina Ave. E.
Decorating Ukrainian Travel photo-
graphy by Andrija Kopychuk and
Kerem Redikbay.

Green Ark Collected Home
Until Feb. 21 at 312-318-11 W. Works
by Geoffrey Weiler.

**Saskatoon City Hospital Gallery on
the Bridges**
Until Feb. 28 on the sixth floor of the
Atrium at Saskatoon City Hospital.
Watercolor Landscapes by Patricia
L. Clarke.

Western Canadian Museum
Through April 2015 at 2632 Lorne
Ave. Big Bear: Travelling Exhibit. In
partnership with the Royal Saskatoon
Museum. A 92 million-year-old
crocodile skeleton brought back to
life through 3D imaging.

FAMILY

Stop and Play
Tuesdays and Wednesdays, 9:30 a.m.
to 11:15 a.m., through April. For chil-
dren up to age five. Sew, draw, craft,
create, dance, story time, toys, activi-
ties. Email stopandplay@citysask.ca or
smallroom or visit the Facebook page.

**Saskatoon Peaceful Parenting
Group**
Dec. 10, 16, 23, 30 to 12 p.m., at the In-
surance and Learning Building Centre,
343 Third Ave. S. For any family seek-
ing to make their children peacefully. A
different topic each month. Children
are welcome.

Stairs and Strollers
Wednesdays, 1 p.m., at Centre Cin-
emas in The Centre. Choice of two
movies each week. A family-friendly
environment with lowered sound,
dimmed lighting, a changing table
and stroller parking in select theatres.

CPL Clinic and Play
Daily, 10 a.m. to 6 p.m., in Bay 4 of
649 South Broadway St. W. in Wes-
min. Saskatoon's newest indoor
playground. For children up to age 12.
Visit cplindoorplay.com or their

Facebook page.

Fun Factory Indoor Playground
Daily at 6030 Keele Ave. A play
indoor playground for young children.
Adults and children under one year
are free. There is a separate fenced-in
area for children under two.

Children's Play Centre
Daily at Lawson Heights Mall. A fun,
safe, environment for preschool
children to play. About once this is an
unsupervised play area, and adults must
stay with and supervise children at all times.

Market Mall Children's Play Centre
Daily just off the food court at Market
Mall. This play area is free and has
different level areas. Children must
wear socks in the play area.

Scouters Indoor Playground
Thursdays, 9:30 a.m. to 11:30 a.m.,
through May at Emmanuel Baptist
Church, 1600 Acadia or Mount-
pleasant playground. For kids up to
age five. A bounce house and toys
for kids, designated infant play area,
on-call info for parents. Registration
on website. Information on age appropri-
ateness or their Facebook page.

Breakfasting Cops
Thursdays, 10 a.m. to 11:30 a.m., at
Westwinds Primary Health Centre,
3311 Fairlight St. A drop-in support
group for breastfeeding women.
Sessions will be facilitated by a
lactation consultant with a brief
educational presentation, and time
for interaction with the other moth-
ers.

Movies For Mothers
Thursdays, 1 p.m., at Rainbow
Cinemas in The Centre. An infant-
friendly environment with reduced
sound, change tables, bottle warm-
ing and stroller parking.

Car Seat Clinic
Second Thursday each month, 3
p.m. to 6 p.m., at Pregnancy and
Birth Centre, 3-555 2nd St. E. Get
your seats checked and questions
answered by a trained Car Seat
technician. Call 326-281-1703 or
email whedder@gmail.com to regis-
ter. Drop-ins also welcome.

Shoe 'n' Stroll
Thursdays, 9:30 a.m. to 10:30 a.m.,
meet in front of Oaklawn. Service
at The Mall at Lawson Heights.
Classes consist of power-walking,
body-sculpting moves using as-
terisk tubing and a socializing for
parents and babies. Preceptor at
annmarie@shoeeandstroll.com. No
classes on start holidays.

Princess Nip
Dec. 13, 20 p.m., at Providence
Church Hall, 520 Murray Gardens
Church, 1037 Windsor St. A day of
celebration filled with fun activities
and live entertainment. Featuring
live music and singer-songwriter
Carmen Christine and a visit from
Santa. Tickets at 366-653-7440,
coordination@princessnipp.ca.

Baby Talk at SPK
Friday, 10:30 a.m., at Alice Turner
Branch; Mondays, 10:30 a.m., at
Carlyle King Branch and 13-Wood
Branch; and Tuesdays, 10:30 a.m., at
Giff Weight Branch. Infant-feeding
and rhymes, then sing-along with
other parents.

Heritage Christmas Decorations
Dec. 13-14, 1 p.m. to 4 p.m., at Mer-
win Valley Centre, 402 Third Ave. S.
Create an old-fashioned Christ-
mas craft to use in your Christmas
decorating. For ages five to 12.

EVENTS

Family Christmas Party

Monday, 12 p.m. to 3 p.m. at St. Joseph's Parish Hall, 1706 Broadway Ave.
Hosted by Holy Spirit's Family Basketball and Inclusion from Victor Vago & Cecilia Serrano. For children up to age four, but all ages are welcome. Bells and toddler sign language, jobs, art, games and prizes. Register at inclusion@bunkobooks.com. Admission is free and donations will be appreciated.

A Christmas Spectacular!

Dec. 12-13 at The Offshore, 609 Duane Ave.
Duffin Area's Theatre featuring Wide Open Children's Theatre featuring variety acts, audience participation, song, stunts and Christmas stories. Tickets at widoopen.ca.

Postnatal Yoga

Monday, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 2405 Third Ave. St. Stephen to Intermittent yoga designed to help with postpartum recovery. Daily friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at mymidway.com/bumpnroll. No class on staff holidays.

Canadian Light Source (CLS) Public Tours

Monday, 1:30 p.m., Dec. 16, 7 a.m., at the Canadian Light Source, 44 Saskatchewan Ave. The synchrotron research facility is open for the public. Participation is required. Call 306-552-3656, email admission@cls.ca or visit lightsource.ca/education/public_tours.php.

Prenatal Yoga

Monday, 6 p.m. to 7 p.m. at Pregnancy and Parenting Health Centre, 2405 Third Ave. St. Stephen by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-281-9343 or email inclusion@bunkobooks.com. No class on staff holidays.

Prenatal Yoga Series

Tuesdays, 10:30 a.m. to 11 a.m., at McNally-Bolton, 310 Eighth St. E. For children ages three to five in the Circle of Trust. Call 306-956-1472.

Phonics

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Wintermiller United Church, 4000 Prairie Heights Learning Community, a group of families



Certified baby sign language instructor Terina Myrtila Wolf's class Sign Play and Expressions teaches birth to three-year-olds sign language.

inspired by Volokh's philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

LLLC Saskatoon Toddler Series

Monday, the third Tuesday of the month, 4:15 p.m. to 6 p.m., at 316 Hestle Cove. The topic is science and other challenges. A meeting for mothers breastfeeding older babies/toddler children. Call 306-552-4855 or email lucascourt@icloud.com.

My Smart Hands Saskatoon Baby

and Toddler Sign Language Starting Jan. 13 and 15. Baby sign language provides the skills to communicate with your pre-verbal baby, acknowledges verbal development and strengthens cognitive skills. Registration is now open. For information contact Terina Myrtila-Wolf 959-RSW, Certified Baby Sign Instructor at TerinaWolf@myrtilawolf.com.

BRICKS & KIDZ Programs

Regular after-school programs, preschool classes and camps for

kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit bricksnkids.com or call 306-579-2049.

Saskatoon Public Library Programs
Opening daily programs for children and families. Find the calendar at saskatoonlibrary.ca/kids/index.html.

SPECIAL EVENTS

Saskatoon Farmers' Market

Open year-round. Wednesdays and Sundays, 10 a.m. to 3 p.m., and Saturdays 8 a.m. to 2 p.m. Farmers are in attendance. Tuesdays to Friday, 10 a.m. to 11 a.m., and Saturdays and Sundays during market hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-364-6262, info@saskatoonfarmersmarket.com.

Majesty Carpet Flooring

Wednesdays, 115 p.m., at Myrtil United Church. Beginners and experienced players are welcome. For

What you need to know to plan your week.
Send events to bridges@thestarphenix.com

Information call 306-661-2514.

St. George's Senior Citizen's Club Activities

Wednesday, 12 p.m. to 4 p.m., at 1225 20th St. W. Bingo and raffles, billiards, darts and random monthly specials. New members ages 55+ are welcome. Information at 306-364-4684, 306-716-0204.

Philosophy in the Community: Lecture and Discussion Series

Dec. 10, 7 p.m., at The Refinery, 505 Dufferin Ave. Robert Ellis, Co. members be "present" by Prof. Will Bushart. Everyone is welcome.

Is Our Community Safe? What Can We Do About It?

Dec. 10, 7 p.m. to 9 p.m., at St. Anne's Parish, 207 Lenora Dr. Honore speaker Saskatoon Police Chief Keith Weir. Featuring Matt and Luanne Miller with "A victim of road rage and advocate of RCMP" and Charal Hadzik with "Putting my friend back together after prison" a free will offering with a fundraising goal.

Christmas Benefit Screening Event

Dec. 10, 7 p.m., at The Reg Theatre, 326 24th St. W. Screening The Night King, a story of grief, poverty, love and madness. Admission by donation. All proceeds go to the Saskatoon Orphan Care.

Stuart McClellan Violin/Cello Christmas

Dec. 10, 7:30 p.m., at TCU Place. Stories of Morley and Dave for the Christmas season. Tickets at 306-571-7799, tucplace.ca.

Wish for Lights Event

Dec. 7, 30 p.m., at Assumption Lutheran Church, International Village. Lights Night. Jan. January members all over the world and write a letter.

Nutritional Advice: Is There a Sugar

Dec. 12, 7:30 p.m., at Ruddy MacDonald Public Library. Presented in partnership with Farm & Food Canada Saskatchewan. Dr. Joe Schwartz guides his audience through the nutritional mine and elevates the wheat and food trends.

Farms at the Table: Meals of Opportunity Conference

Dec. 10-11 at the Shewan Cavalier Hotel, 512 Spadina Cres. E. Presented

by Farm & Food Canada Saskatchewan. Presented by Kelly Dagnan. With a workshop an strategies for efficient and effective communication related to food and farming, and stories, developing challenges and opportunities of medium-age farming and food production. Call 306-477-3803, email office@farmfoodcanada.org.

Free Noon Concerts

Dec. 11 and 12, 12 p.m., at Third Avenue United Church. Coffee and lunch are provided. Bring a baked lunch. Dec. 11 is Blues Fusion on trumpet and Melissa J. Adams on piano and pipe organ. Donations are appreciated. Information at 306-653-6812.

A Saskatoon Christmas

Dec. 11, 7 p.m., at Myrtil United Church, 505 Dufferin Ave. A night of entertainment in support of the Saskatoon Crisis Nursery. Featuring Stephen Maguire, Celine Prevel, Jaylen Wiley, Kelly, Samara Jung, Amy Wilson, J. J. Voss, Lisa Moore, El Gami and Scott Pothier. Tickets at info@tucplace.com or at Saskatoon Co-Op stores.

"After Tiller" Movie Night

Dec. 11, 7 p.m., at Neillville-Timber Theatre in the U of S Arts Building. Presented by Sexual Health Centre Saskatoon, the U of S Wellness Centre and Students for Choice. A screening of the movie After Tiller, following the lives of four U.S. doctors who openly perform late-term abortions. Featuring a special period with Dr. Susan Hershman. Admission at the door.

SOPC Dances

Thursdays, 7 p.m., in room 13 at Albert Community Centre, 612 Glenview Ave. Dec. 10, at Assumption Lutheran Church, International Village. Learn dances from many countries around the world. First night is free. Visit sopcdance.com.

Youth Poetry Slam

Dec. 11, 7:30 p.m., at Louis L'Or, 61 Campus Dr. Featuring Azida the Nun. With an open mic.

Le Choeur des Haines Haines

Thursdays, 7:30 p.m., at L'Or, 61 Campus Dr. Featuring Azida the Nun. With an open mic. Dec. 11, 7:30 p.m., at Louis L'Or, 61 Campus Dr. Featuring Azida the Nun. With an open mic. Dec. 11, 7:30 p.m., at Louis L'Or, 61 Campus Dr. Featuring Azida the Nun. With an open mic. Dec. 11, 7:30 p.m., at Louis L'Or, 61 Campus Dr. Featuring Azida the Nun. With an open mic.

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EVENTS

Christmas Concert

Dec. 12, 7:30 p.m., at St. Paul's Parish, 720 Spadina Ave. E. With guest choirs, solo performances, and a Christmas Eve story. Refreshments and refreshments follow. Airing nonpareils from items to support The Little Sister Project.

Musical

Dec. 12, 7:30 p.m., at Knox United Church, 535 Spadina Ave. E. Musically entertaining, presented by the Saskatoon Symphony Orchestra. Featuring soprano Chelsea Mohr, mezzo-soprano Lisa Homing, tenor Samuel Mounkshi, baritone Mark Shults, Saskatoon Symphony Musicians Chorus and piano conductor Dirk Kerkorian.

Christmas Sporkie

Dec. 12, 7:30 p.m., at Grace Westminster United Church, 2550 Ross St. E. Zaidar, Tazewell, Mander, and the family. With trumpet duo Benjie Redford and Eric Woodsworth. Admission at the door.

Kilimanjaro Spectacular

Dec. 12, 8 p.m., at the New Dance Centre, 234-236 St. W. Free admission. Annual holiday show. Burlesque, live music, theatre and comedy. Tickets at the door.

Country Gospel Breakfast Buffet and Concert

Dec. 13, 9 a.m., at Smiley's Buffet, 702 Chris Dr. E. Presented by the Country Gospel Music Association. Featuring A Christmas Special with Neil and Helen Stubbs. Ticket information at 306-342-7431, 326-229-8860.

Put Photos with Santa

Dec. 13, 10 a.m. to 4 p.m., at Wilcox's Greenhouse & Garden Centre. Get a photo of your pet with Santa Claus. Free admission and no purchase necessary. Proceeds go towards New Hope Dog Rescue.

Second Annual Maple Walk

Dec. 13, 11 a.m. at Maple United Church, 502-504 St. W. Cookies and delicious for sale as long as supplies last. Free admission.

Singer-Songwriter Showcase

Dec. 13 at the Saskatoon Farmers' Market. Booking at 72 p.m. Auction proceeds will be donated to Adopt a Family.

Sing-along Messiah

Dec. 13, 2 p.m., at Knox United Church, 535 Spadina Ave. E. Saskatoon Symphony Orchestra performs



Wesley Girls plays polka during a recent performance of A Charlie Brown Christmas. The Saskatoon Youth Orchestra performs The Music of Stage & Screen on Dec. 14 at TransUnion United Church. Submitted by Wes

Hand's Messiah

Hand's Messiah and invites the audience to sing along.

Christmas Dinner

Dec. 13, 5:30 p.m. cocktails, 6:30 p.m. dinner. 8 p.m. dance, at Nutana Lodge, 3021 Louise St. A laptop musician. With music by Leah Hawke. Tickets at the Lady Information at 306-374-6333.

Pop, Fabrics and Fairy Tales

Dec. 13, 7 p.m., at Munton Gibson Cakeshop. Presenting artist Bridget Cif. Book. An evening of music and storytelling. Admission by donation.

Jay of Jives

Dec. 13, 7:30 p.m., at Third Avenue United Church. The 100+ voice choir performs. Traditional and contemporary songs of the Christmas season. Tickets at plastic cup, Broadway Café or at the door.

Classical Star and Tuba Concert

Dec. 13, 7:30 p.m., at the Saskatoon Conservatory of Music, 1002 23rd St. W. P. Wood presents classical Indian star music. Featuring Marjorie Vempal on tabla and Saskatoon Indian rhythms. Tickets at presale/sale: 306/Saskatoon or at the door.

Wes & Chance Feasting

Dec. 13, 7:30 p.m. at Riverside Delicatessen and Market, 1016 Windsor St.

St. W. Tickets not to exceed in advance at 306-554-3355, info@saskatoon.ca.

Uptown Swing Living Dance

Dec. 13, 8 p.m., at New Dance Centre, 234-236 St. W. Saskatoon Lindy Hop's monthly swing dance, held the second Saturday of each month. Beginner to some at 8 p.m., followed by dancing, all ages and skill levels are welcome. Tickets at the door at saskatoonlindyhop.ca/saskatoon.

The Music of Stage and Screen

Dec. 14, 6 p.m., at Third Avenue United Church. The Saskatoon Youth Orchestra performs. Featuring The Saskatoon Stringers. Music from The Sound of Music, A Charlie Brown Christmas and Star Trek into Darkness. Tickets at Mically Hobbes, gmail.com or at the door.

Wares in His Heart

Dec. 14, 7:30 p.m., at Broadway Theatre. Bishop Church's 18th annual Christmas concert. Traditional, modern and original music. Featuring Brass and the Retroz. Tickets at 306-623-8235 or from choir members.

Chorus and Flutes Christmas Concert

Dec. 14, 2 p.m., at Sts. Martin's Cathedral Church, 1001 Windsor St.

Chorus music in French. Tickets at the door. Information at 306-343-9460.

Tonight's Poetry

Dec. 14, 7:30 p.m., at The Woods at House, 146 Second Ave. N. Storytelling Community Stage featuring Bonnie Logan.

Rejoice! A Festival of Lessons and Carols

Dec. 14, 8 p.m. at Christ Church Anglican, and Dec. 16, 7:30 p.m., at Knox United Church. The Saskatoon Chorus sings carols. A Christmas story told in music and words. Tickets at Mically Hobbes, St. John's Music, saskatoonchurchoflessons.org or tickets or at the door.

Off-Broadway Farmers' Market

at International Rescue, and Bixby Tuesday, 11 a.m. to 6 p.m. In the basement of 404 West Main Street. United Church, 505 10th St. E. offering a variety of locally produced food, clothing and accessories from indie, pet products, baking, and textile displays. New vendors welcome. Call 306-663-2947 or email: offbroadwayfarmers@gmail.com.

A Celebration of Carols from Around the World

Dec. 15, 7:30 p.m., at Station Arts Centre in Northtown. The Station Singers perform. Tickets at 306-332-

5332 or from choir members.

Comedy Night

Dec. 16, 9 p.m., at Poppo's Pub and Grill, 1603 Highway 10. R. W. H. Decided.

Jingle Bells

Unit Dec. 16 on Broadway Ave. Enter town from 5:15 to 5:50 p.m. Ride back to participating Broadway Avenue merchants. Jingle bells can then be spent at Broadway stores.

Exhibition: Enchanted Forest Holiday Lights Tour

Unit Dec. 16, 3:30 to 11 p.m. at the Saskatoon Forestry Farm Park & Zoo. Light walk. 11, 9:30 to 10:30 p.m. The drive-through Christmas display continues. At 10:30 p.m. entry. Tickets at the gate, or on arrival at halfway or stopovers. Donations. Funds raised support The Saskatoon Zoo Foundation and the Saskatoon Hospital Foundation.

THEATRE**NOVEMBER: THE RED CHRISTMAS**

Unit Dec. 16 at Studio 546, 914 20th St. W. Clara Bow is in charge. Dulu is making away and Shakes is in jail. A story of family, friendship and love in the Red Christmas story. Tickets at 306-342-7431, 326-229-8860.

When the Wind Blows

Unit Dec. 16 at the University of Saskatchewan. A Presentation Theatre production. The invisible man, sent to bed without his supper, embarks on a journey to tracks to a land of wild animals and extraordinary adventures, where he is ultimately cornered under the tracks. 306-342-7431, 326-229-8860.

It's a Wonderful Life

Unit Dec. 16 at the University of Saskatchewan. Based on the Frank Capra film and the Original Story by Philip Van Doren Stern. George Bailey is facing financial adversity and in his moment of greatest despair, is saved by a personal angel named Clarence Odbody. Tickets at 306-342-7431, 326-229-8860.

The Invention of Sol

Unit Dec. 21 at the University of Saskatchewan. Charles Deakin's other Christmas story. The true story of Christmas. Tickets at 306-342-7431, 326-229-8860.

For more information on these events, visit the website at www.saskatoon.ca/events, or call 306-342-7431, 326-229-8860.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

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5 "Song of the South"
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6 Pin in a panel
16 Take the edge off
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27 David Walker?
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Ole Cup
28 NBA fit for the
Champs
41 Mixed with a post on
42 Place for high living?
43 Golf club in FL
44 NBA fit for the
Real Dommen
45 Introduction to the
real
51 Use a legal document
55 "They're
different!" (Napier fits
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56 Ex-president Tyler
called with a letter
58 Super
60 Rags along by
the Shiffers
61 Name a
Shiffers subject
"New Born" and
65 "Bless me,
Hollywood is
Hollywood and Mine
is it
67 Old-fashioned
served to point
68 Name a
"first woman to win
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69 Anne's counterpart
DOWN
1 Cause of some
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3 Musical "I don't" when
the opera singer says
"Don't!"
3 Carry who played
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4 Award for a
66 Key artist
66 Hollywood star
Arlene
7 Flight board able
8 Evaluate of
instrument "Ginger"
9 Local a person
10 Singer
11 Over-singing
12 "Send me a
13 Year spent by
Chopin
14 The DVD format
15 Modern pottery
meaning "sacred clay"
23 "Cool" pop
24 Chemical with
25 Heavy dose
27 Chair (classical
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JANRIC
CLASSIC
SUDOKU

Level: Gold

Fill in the blank cells
with numbers 1 to 9
Each number can only
appear once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from Bronze
(easiest) to Silver
to Gold (hardest).



Solution to the
crossword puzzle will
be in the Sudoku code
found on Page 31

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SHARP EATS



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SASKATCHEWAN FOOD SCENE

What does it take to be a gold medal winning chef?

By Jenn Sharp

It's not easy to win a Gold Medal Plaque.

There were two remarkable stories from that year's event, which runs in 15 Canadian cities, pitting top chefs against one another in a high-stakes competition. Each winner goes on the Canadian Culinary Championships in Kelowna, B.C., in February.

At the Regina event on Nov. 21, Milton Rebello was gold for the second time — a first for a Saskatchewan chef. His Pork Belly Boudin Out was a daring dish, comprised of two distinct elements. Labour intensive to make, it featured just a few ingredients. But those ingredients were used in incredibly complex and fun ways. As Rebello says, "Simplicity is not simple."

Saskatoon's GMP was held Slow & Low, and produced a variety of rack star proportions. The Delta Restaurant's chef chef the same from the Chateau Lake Louise six months ago took home the gold medal after being invited to the competition just six weeks prior. To top it off, he didn't know what to expect — he'd never attended a GMP event before.

So what exactly does it take to be a Gold Medal Plaque winning chef?

ADAPTABILITY

Rebello began planning his dish over six months ago, but knew there had to be room for change.

"I had a dish in mind. I knew what I wanted to achieve. But then as the final days we started tweaking it up. Theory and practicality is a different thing. It doesn't turn out exactly how you planned it (so you have to) improvise. I'm fortunate that it turned out the way I wanted it."

And it gets even harder if you're new before. People expect more of you the second time around. Rebello also knew what the judges were looking for after judging the competition last year.

"For the competition it was all or nothing. We had to win big or nothing. The expectation was there. I knew the formula behind it. The technique, the look of it, (something that had never done before) the 'wow' element."

"It was much tougher this time. The reason you don't win gold the second time is because they critique you more than they critique the others."

GET CREATIVE, REALLY CREATIVE



Christopher Hill's Gold Medal Plaque winning dish was his take on Sunday dinner growing up on the farm. Lamb chops and carrots that were aromatic, creamy and full of slow-baked flavors. Photo by Scott L. Hill

Hill, a farm boy from Imperial, says his dish was a version of Sunday dinner — peas, carrots and lamb. Incorporating those components in multiple ways was what won it for him. A clover root puree with a mono-clover leaf as garnish, pea pudding with a pea root pickled mustard seed and mustard flower, lamb chops paired with a pistachio lamb sausage ribbon.

The lamb, topped with a rosemary cherry jus, was

meat in your mouth. Delicious. The pea water and date of green pea puree tasted like a shot of earthy green and balanced the richer elements, like the onion root, perfectly.

DON'T GET CARRIED AWAY

The judges have about five minutes to listen to the chef's description of his or her dish, taste it, try the wine pairing and record their

comments. After Rebello explained his Pork Belly Boudin Out and where the ingredients were sourced from, the judges didn't have a lot of time to eat the dish. He made it easy for them with a three-bite plate.

"My main philosophy toward cooking is to stick with four or five ingredients. Keep it simple. Let the flavors speak for itself. It's working. The key is finding the right ingredients."

SHARP EATS

TIME

Rebel also had time, more than he calls a privilege. This is not as descent shared by many other chefs in the competitive arena. But Rebelko has recently started on at the new country club chef at the Wisconsin Golf and Country Club and had two weeks to break the club and do the prep.

The first element of Rebelko's dish, a delicate air rifle puff made from semolina, was perched on a short glass dish of lemon chiffon sauce, pickled apple and cranberry chutney pearls. Rebelko homemade 1,000 of the puffs in just 900 that were perfect enough for the event (a hole was punched on the top for a shot of warm pork belly).

To make the chutney (the dish's second element) pork belly also had to be aromatic.



Aaron Rebelko's gold medal-winning dish, Park Study Grade Out, was made of two descent elements meant to be eaten in three fun ways. Rebelko feeds to their ELDER.

by almost to remove all the fat, then heated, dressed again, put

in a dehydrator and deep fried, which made the skin puff up

On the other hand, sometimes going to cold can be a blessing, as it was for Rebel.

"Maybe it played in our favor because we didn't have any preconceived ideas about it. We didn't have a chance to over think the dish. We just went with it."

He has nerves of steel — he's not even blinking on doing more test runs with his dish before the championships in Kelowna.

"We discussed doing a single more runs with the plate as well but we had such a smooth night the first time, we don't really want to mess with it."

That leads us to the last and most important attribute of a winning chef: Confidence.

photo@championchefs.com
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GOLD MEDAL PLATE'S SASKATOON WINNERS



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OUTSIDE THE LINES

Colouring contest

Each week Stephanie Moffat creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridgeta@thejazzphoenix.com. One winner will be chosen each week. Please send stories by Monday at 9 a.m.

I'LL HAVE A BLUE
CHRISTMAS WITHOUT
YOU...



Last week's contest winner is Silke Hocking. Thanks to everyone who submitted entries!



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LEISURE GUIDE

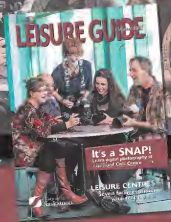
The City of Saskatoon *Leisure Guide* is your community source for a variety of arts, culture and recreational activities throughout the Winter season.

Keep the Guide from January 1 through March 31 and refer to it to find drop-in and registered* program activities for all ages.

**Registration for Winter programs begins December 14 at 6 p.m.*

Get the Guide, Keep the Guide!

 **City of
Saskatoon**
www.saskatoon.ca



GARDENING

GARDENING

Holiday cacti: an alternative to poinsettias

By Eri Svendsen

It's all about the timing.

The Christmas, Thanksgiving and Easter cacti may look similar, but the easiest way to tell them apart is to wait until they flower. There are some name tips if all, flowering is according to the season.

These three cacti originate from the tropical forests of Central and South America. They differ from their desert cousins in a number of ways that impact their care.

First, they are not drought tolerant — keep the soil moderately moist but never wet. Water when the top two or three centimeters in dry to the touch.

Secondly, tropical cacti grow best in bright but filtered light. In winter direct sun is fine. But in the height of summer keep them away from intense light.

Third, they are not heat tolerant, preferring cooler temperatures. Room temperature is fine except just before and during flowering when lower nighttime temperatures are best: 10°C to 16°C is ideal. Tropical cacti prefer higher daytime humidity than what may be found in a desert environment — around 50 per cent.

Holiday cacti can tolerate being pot bound. However, if your plant is dropping out and wilting often, it is time to repot into a larger container.

Choose a container with a larger diameter and use a well-drained soilless potting mix. Like all houseplants, include current water, light, moist temperature and light, and require nutrients. But because they are relatively slow growing plants, they do not require the same amount or frequency. An all-purpose fertilizer, or either water-soluble or controlled release, will do the trick but apply at half strength according to label instructions.

When you first bring a holiday cactus into your home, it is likely showing stress. Flower colors include white, pink, red, salmon and purple. To pre-



Planting Christmas trees and wreathes are the primary Christmas plants, but there are others as well, including the Christmas cactus. PHOTO COURTESY OF BILLY BERN SCHMIDT

pare blooming, put it in a bright location with cool (14°C — 16°C) nighttime temperatures away from warm (e.g. furnace vent) or cold drafts (e.g. window or door).

Temperatures too high or too low will cause buds and flowers to fall off. Low humidity is common. Soaker watering is one problem, but may also result in flower or buds and flowers falling off prematurely. Raising the humidity in the vicinity of your cactus can be as simple as having an open container of water nearby or placing the pot in a tray filled with pebbles but only

half-filled water to prevent the soil from becoming saturated. Mist only temporarily raises the humidity unless it is repeated continuously throughout the day and night. An other cause of bud and flower drop is too dry or too wet soil.

After the season is over, these cacti are rather undemanding. Fortunately, they are relatively easy to bring back into bloom at the right time of year. The main factor is the length of the night period.

For Christmas cacti, flowering is triggered by six to eight weeks of

10-hour nights. In early November, put your Christmas cactus in a room where it will receive little to no artificial light after nightfall. Keep it there until the buds begin to open. If you change the light conditions too rapidly, the buds may fall off before opening. You may notice that only the side exposed to natural light (i.e. side facing a window) produces buds, especially in a room with artificial light on at night. Wait until the buds begin to open before turning the plant.

Cool temperatures also induce

flowering. Commercial growers grow their cacti at 10°C to 16°C starting in early November to guarantee December blooming. However, this may not be practical in most homes.

If you do everything right, you may be rewarded by a second blooming, albeit less vigorous, in early March.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennials.ca, horton@jlsk.ca). Check out our fall/winter board or newsletter for upcoming garden appreciation events.

WINE WORLD

SASKATCHEWAN SPIRITS SCENE

A whisky for the avid curler in your life

By James Romanow

In the last decade or so, Canadian whisky has undergone a resurgence.

The rather vivid world of best-selling whisky (Canadian whisky is always among the top 10 sellers by volume in Canada and the world), has encouraged craft and tradition among the distillers.

Purdy Creek has shaken up this world. In recent years the only growth in sales in the Canadian distillery has been entirely due to their whiskies. More recently still, Jim Murray (who has been serving him since 1994) and the other authors of *The Whisky Bible* have taken to him — deservedly — with *Aberlath Premium*, a whisky with a wash ball of 100 per cent rye.

Most Canadian whiskies have rather more corn than anything else these days, but the premium label has not been able. A couple of years back, Crown Royal introduced their own rye Cask 16, using Canadian corn to finish their spirit wash ball.

Carlson have always enjoyed a good drop of terroir sometimes during a game. This year CC, the best loved whisky in Canada rank has, has decided to produce a pure rye. This is a whisky made for a land where the sun is plentiful, men are men, and Rocky Mountain sheep head for the hills if they're accessible. It reassures that light, slightly grainy freshness.



after you get by the peppy plate (Murray) and slightly sweet (this is a very nice whisky).

If you know a curler with a rye habit, this is a drop you need to purchase for them. The gift has various new stories with grade rocks to chill the whisky out from the same quarry that produces curling rocks.

Canadian Club Chairman's Select 100% Rye \$25.95

Good word, Canadian whisky. But Berra's always come with a whisky's paper and on Twitter @berrawine.

Crossword/Sudoku answers

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Contact Shelley Davis at (306) 612-3338 and visit the website at www.hydeparkview.org for more information or drop by Elms Lodge (1125 Main Avenue) between 9am and 5pm to pick up a sales package.

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